WHAT IS CLAIMED IS:

1. A respiration system for providing compressed gas to a patient, the system comprising:

a mask adapted to cover the patient's nose and mouth;

at least one bellows having an inner chamber and an input port and an output port connected thereto, wherein the at least one bellows is compressible by a user such that when being compressed, the at least one bellows exhausts gas out the inner chamber via the output port and wherein the bellows is resiliently expandable such that when the compression has ceased, the at least one bellows expands and draws gas into the inner chamber via the input port;

at least one gas conduit interconnecting the output port of the at least one bellows to the mask such that compressed gas is conveyed to the patient via the at least one gas conduit and the mask in response to compression of the at least one bellows by the user; and

a harness attached to the at least one bellows, wherein the harness is sized so as to position the bellows adjacent the user's body such that the user can compress the at least one bellows without using their hands thereby freeing their hands to hold the mask so as to cover the patient's nose and mouth.

2. The system of Claim 1, further comprising a gas source coupled to the input port.

3. The system of Claim 2, wherein the gas source comprises a source of compressed oxygen.

4. The system of Claim 1, wherein the harness is sized so as to maintain the at least one bellows in a position at a location where the user can compress the at least one bellows between their inner upper arm and torso.

5. The system of Claim 4, wherein the harness is sized so as to maintain the at least one bellows immediately adjacent the user's arm pit.

6. The system of Claim 1, wherein the harness comprises at least one shoulder strap that rests on at least one shoulder of the operator so as to support the at least one

bellows when the at least one bellows is positioned between the inner upper arm and the torso of the operator.

7. The system of Claim 1, wherein the respiration system comprises two bellows.

8. The system of Claim 7, wherein the harness is sized so as to maintain the two bellows in a position at a location where the user can compress the two bellows between their inner upper arms and torso.

9. The system of Claim 8, wherein the harness is sized so as to maintain the at least one bellows immediately adjacent the user's right and left arm pit.

10. The system of Claim 9, wherein the harness comprises a front strap connected between the two bellows across the front portion of the operator's torso and a rear strap connected between the two bellows across the rear portion of the operator's torso, and wherein the front strap comprises a locking device that is detachable and reattachable so as to allow the operator to remove the harness.

11. The respirator of Claim 10 wherein the locking device is selected from the group consisting of a Velcro clasp, a button, a snap, a hook, and a buckle.

12. A respirator for a patient administered by an operator comprising:

a mask adapted to cover at least a portion of the patient's face;

at least one conduit attached to the mask so as to communicate with the mask; and

at least one bellow adapted to be positioned between an arm and torso of the operator and attached to the at least one conduit so as to communicate with the conduit, wherein the at least one bellow can be compressed with a downward motion of the arm towards the torso of the operator so as to force gas from the bellow into the mask via the at least one conduit and decompressed with an upward motion of the arm away from the torso of the operator so as to draw gas into the bellow, and wherein the hands-free actuation of the at least one bellow allows the operator to secure the mask to the patient's face with more than one hand.

13. The respirator of Claim 12, wherein the mask comprises a retaining edge that contacts the facial skin of the patient.

14. The respirator of Claim 13, wherein the hands-free actuation of the bellow allows the operator to firmly press the retaining edge against the facial skin of the patient to thereby reduce gas leakage from the mask during compression of the bellow.

15. The respirator of Claim 12, wherein the conduit comprises flexible tubing.

16. The respirator of Claim 12, wherein the conduit communicates with the mask via a coupling device, and wherein the coupling device directs gas flowing through the conduit into the mask.

17. The respirator of Claim 12, wherein the gas comprises at least one of air or oxygen.

18. The respirator of Claim 12, wherein the at least one bellow is attached to the torso of the operator with a harness.

19. The respirator of Claim 18, wherein the harness is attached to the torso of the operator with a locking device.

20. The respirator of Claim 19, wherein the locking device is selected from the group consisting of a Velcro clasp, a button, a snap, a hook, and a buckle.

21. The respirator of Claim 12, wherein the at least one bellow comprises a bag or sack with a inner closed cavity, and wherein the bag or sack is formed of resilient material that can be squeezed into compression so as to force gas from the inner closed cavity and released for decompression so as to draw gas into the inner closed cavity.

22. An air delivery system for a patient administered by an operator comprising:

a mask adapted to cover at least a portion of the patient's face;

a harness attached to the torso of the operator;

a first bellow attached to the harness such that the first bellow is adapted to be positioned between the operator's right arm and torso, the first bellow having a first conduit attached to the mask so as to communicate therewith, wherein the first bellow can be compressed with a downward motion of the operator's right arm towards the operator's torso so as to force gas from the first bellow into the mask via the first conduit, and wherein compression of the first bellow allows the operator to secure the mask to the patient's face with the operator's right hand; and

a second bellow positioned between the operator's left arm and torso, the second bellow having a second conduit attached to the mask so as to communicate therewith, wherein the second bellow can be compressed with a downward motion of the operator's left arm towards the operator's torso so as to force gas from the second bellow into the mask via the second conduit, and wherein compression of the second bellow allows the operator to secure the mask to the patient's face with the operator's left hand.

23. The system of Claim 22, wherein the first and second bellows can be independently or simultaneously compressed.

24. The system of Claim 23, wherein the first bellow can be decompressed with an upward motion of the right arm away from the torso of the operator so as to draw gas into the first bellow.

25. The system of Claim 24, wherein the second bellow can be decompressed with an upward motion of the left arm away from the torso of the operator so as to draw gas into the second bellow.

26. The system of Claim 25, wherein the first and second bellows can be independently or simultaneously decompressed.

27. The system of Claim 22, wherein the system further comprises a harness that is adapted to be secured to the operator's torso, the harness having a right shoulder strap that rests on the operator's right shoulder, a left shoulder strap that rests on the operator's left shoulder, a front strap that crosses the operator's chest, and a rear strap that crosses the operator's back.

28. The system of Claim 27, wherein the first bellow is attached to the right shoulder strap of the harness and the second bellow is attached to the left shoulder strap of the harness.

29. The respirator of Claim 27, wherein the front strap of the harness comprises a locking device that is detachable and re-attachable so as to allow the operator to wear the harness.

30. The respirator of Claim 19, wherein the locking device is selected from the group consisting of a Velcro clasp, a button, a snap, a hook, and a buckle.

31. A method for providing compressed gas to a patient by an operator, the method comprising:

covering the patient's nose and mouth with a respirator mask;

securing the respirator mask to the patient's face with at least one of the operator's hands;

attaching a harness having at least one bellow to an operator's torso so that the at least one bellow is positioned between at least one of the operator's arms and torso;

attaching at least one conduit between the at least one bellow and the mask so that the at least one bellow communicates with the mask via the at least one conduit;

compressing the bellow with at least one of the operator's arms against the operator's torso so as to force air through the conduit into the mask; and

releasing the operator's arm from the bellow and the torso so as to allow decompression of the bellow to thereby draw gas into the bellow.